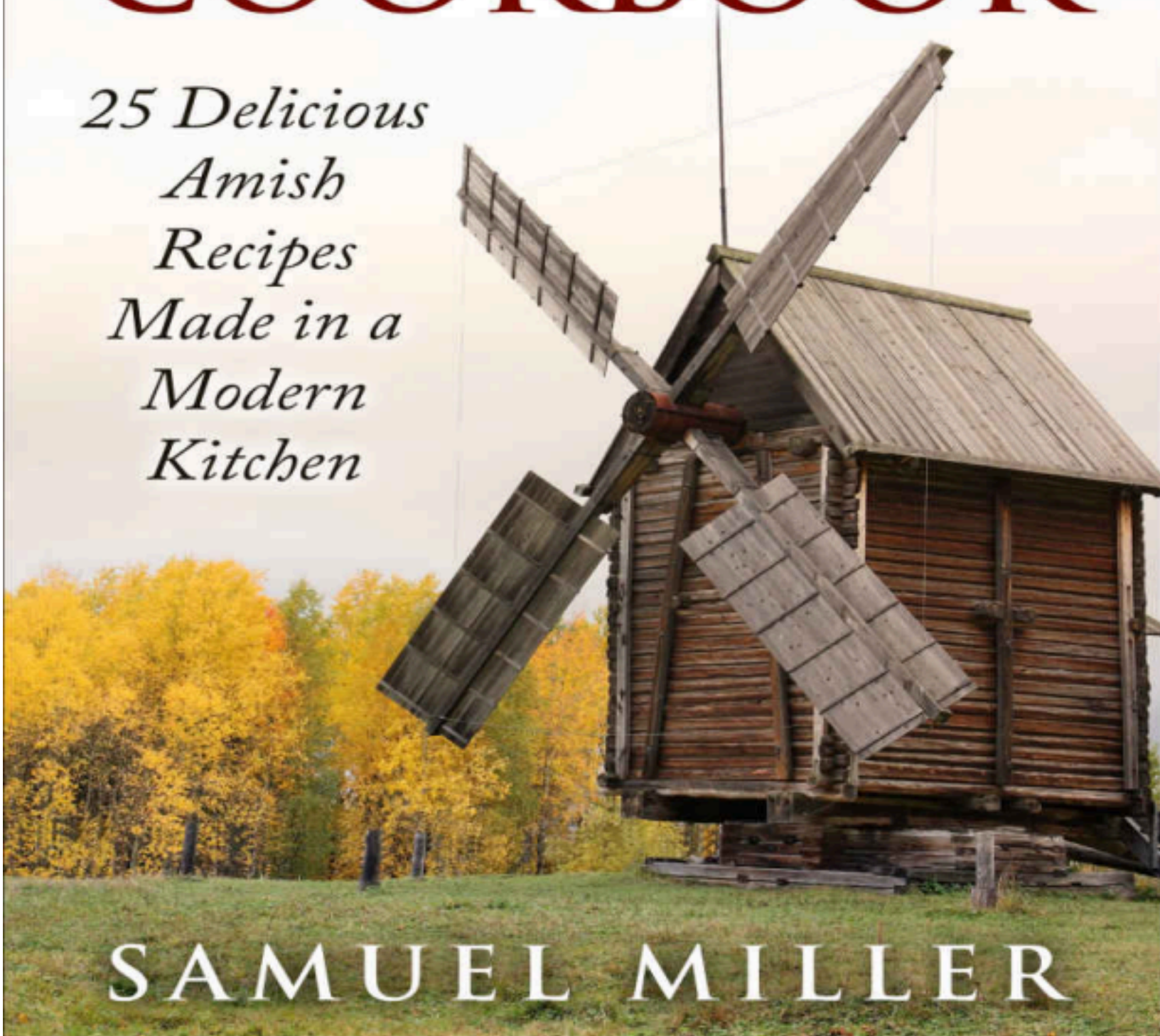
THE AUTHENTIC AMISH COOKBOOK

25 Delicious Amish Recipes Made in a Modern Kitchen



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The Authentic Amish Cookbook: 25 Delicious Amish Recipes Made in a Modern Kitchen

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Amish Starter

Serves: 1
Cooking Time: 3 Days

Ingredients

1 package active dry yeast
3 cups sugar, divided
3 cups flour, divided
3 cups milk, divided

Directions

1. Starting on day one, soften the yeast with about ¼ cup warm water, let it set for about 3 to 5 minutes.
2. In a bowl, add 1 cup of each of the following: sugar, flour and milk.
3. Stir in the yeast with a wooden spoon (if you have one). 4. Cover the yeast mixture in the bowl with a towel or cloth and set aside. Keep it at room temperature.
5. On days 2 to 4, stir the mixture a little each day. Be sure that it stays at room temperature.
6. On day 5, add 1 cup of each: milk, sugar and flour. Stir a little more.
7. For the next 4 days, stir a little each day.
8. On day 10, add the last 1 cup of each of the ingredients. 9. You can divide the yeast into 4 separate portions and share with 3 friends. Save the last portion for your bread starter.

Nutritional Information

Calories 494, Fat 6.3g, Carbohydrates 93.3g, Protein 23.6g

Amish Friendship Bread

Serves: 8 to 10
Cooking Time: 1 hour

Ingredients

1 cup Amish friendship bread starter
2 cups flour, divided
2 cups sugar, divided
2 cups milk
2/3 cup oil
3 eggs
1 cup sugar
1 tsp vanilla
1/2 tsp baking soda
2 cups flour
1 1/2 tsp baking powder
1 tsp cinnamon
1/2 tsp salt

Directions

1. On day one, leave the starter dough at room temperature. 2. On days two, three and four, stir the starter. Use a wooden spoon if you have one available.
3. On day five, add in 1 cup flour, 1 cup sugar and 1 cup milk, stir together.
4. For the next three days, stir it a little each day.
5. On day ten, add 1 cup of the mix into two separate containers with lids and share the recipe with friends.
6. You need to keep 1 cup of the starter dough refrigerated. 7. Add the 4 cups of starter dough that you have to a bowl and stir in oil, 1 cup sugar, eggs, vanilla, baking soda and 2 cups flour mixed with baking powder, cinnamon and salt
8. Preheat the oven to 350 °F.
9. Mix the dough really well and dump into greased loaf

pans. 10. Bake for about 45 minutes at 350 °F.
11. Let cool for a few minutes before removing the loaves of bread from the pans.

Nutritional Information

Calories 563, Fat 33.8g, Carbohydrates 58.8g, Protein 7g

Homemade Amish Biscuits

Serves: 12
Cooking Time: 1 hour

Ingredients

1 cup flour
½ tsp baking soda
½ tsp salt
2 tsp baking powder
2 eggs, whisked
1 cup Amish Starter (recipe Available)
¼ cup vegetable oil
¼ cup butter, melted

Directions

1. In a mixing bowl, blend the baking soda, salt and baking powder.
2. In a second bowl, combine the eggs, oil and starter. Make sure that this is well blended.
3. Combine the two mixes into one and stir until the dough is no longer sticking to the sides.
4. Flour the work area or counter top and knead the dough over the flour area.
5. Flatten the dough and use a round cookie-dough cutter or biscuit cutter and cut out the biscuits. Add them to a baking sheet that has been sprayed with nonstick spray.
6. Drizzle or brush the melted butter over the dough and let it rise for about 30 minutes.
7. Preheat the oven to 350 °F.
8. Bake for about 18 to 20 minutes.
9. Let cool and serve.

Nutritional Information

Calories 134, Fat 2.5g, Carbohydrates 23.6g, Protein 4g

Amish Cornbread

Serves: 10 to 12
Cooking Time: 1 hour

Ingredients

1 cup Amish Starter
2 eggs
1 ½ cups milk
2 tsp sugar
½ cup flour
1 ½ cup cornmeal
¼ cup vegetable oil
¾ tsp baking soda
½ tsp salt
1 tsp baking powder

Directions

1. Preheat the oven to 425 °F and grease a baking dish. 2. In a mixing bowl, blend the starter, eggs, milk, sugar, flour and cornmeal.
3. Using the electric mixer for about 2 minutes, slowly add in the remaining ingredients.
4. Pour batter into the greased pan.
5. Bake for about 25 minutes.
6. Let cool before serving.

Nutritional Information

Calories 154, Fat 6.6g, Carbohydrates 21.3g, Protein 3.1g

Breakfast Puffs

Serves: 10
Cooking Time: 45 minutes

Ingredients

1 1/2 cups flour

1 1/2 tsp baking powder
1/2 tsp salt
1/4 tsp mace seasoning
1 cup sugar
1/3 cup oil
1 egg
1 tsp vanilla
1/2 cup milk
6 tbsp butter, melted
1 tsp cinnamon

Directions

1. Preheat the oven to 350 °F.
2. In a mixing bowl, combine the dry ingredients.
3. In a separate bowl, add the sugar and wet ingredients and beat for about 30 seconds.
4. Combine the two mixes and beat for a few minutes. 5. Grease the muffin tins and add fill each tin to only 1/2 full.
6. Bake for 15 minutes and remove from oven.
7. In a small, shallow bowl, add the melted butter.
8. Mix 1/2 cup sugar and cinnamon in another separate bowl. 9. Roll the puffs in the butter, then in the cinnamon and sugar. 10. Serve warm.

Nutritional Information

Calories 129, Fat 5.4g, Carbohydrates 19.2g, Protein 1.7g

Shepherd's Pie

Serves: 4
Cooking Time: 45 minutes

Ingredients

2 lbs ground beef
½ onion, chopped
garlic powder to taste
¾ package gravy mix
2 cans soup, cream of mushroom
2 ½ cups water
1 ½ cup carrots, frozen, thawed
1 package peas, frozen, thawed

salt and pepper to taste
3 cup potatoes, peeled, chopped and mashed
paprika

Directions

1. Preheat the oven to 350 °F.
2. In a skillet, cook the beef, drain the grease and stir in the onions, garlic powder and salt and pepper.
3. Add everything from the skillet to a large bowl and stir in remaining ingredients except for the mashed potatoes.
4. Spoon everything into a pie dish that has been sprayed with nonstick spray.
5. Season with salt and pepper.
6. Spoon the mashed potatoes over the top of everything in the pie pan.
7. Bake for 45 minutes.

Nutritional Information

Calories 383, Fat 14.8g, Carbohydrates 44g, Protein 20.2g

Cabbage Casserole

Serves: 6 to 8
Cooking Time: 45 minutes

Ingredients

1 cabbage, green, wedged and chopped
½ cup water
¼ cup butter
¼ cup flour
2 cups milk
½ tsp salt
¼ tsp pepper
¾ cup cheese, Cheddar, shredded
½ cup mayo
3 tbsp chili sauce
½ cup onion, chopped
½ cup pepper, green, chopped

Directions

1. Preheat the oven to 375 °F.
2. In a saucepan, mix the cabbage and water over medium heat for about 15 minutes.
3. When it is done cooking, drain the water from the cabbage and lay the cabbage in a baking dish.
4. In a separate saucepan, melt the butter and stir in the flour. Cook for about a minute.
5. Add in the milk, stirring the whole time and watch for the sauce to gradually thicken.
6. Stir in the salt and pepper and pour the sauce over the cabbage.
7. Bake the cabbage for about 20 minutes.
8. In another mixing bowl, combine the remaining ingredients and spread over the cooked cabbage.
9. Bake for another 20 minutes at 400 °F.

Nutritional Information

Calories 161, Fat 8.5g, Carbohydrates 8.5g, Protein 13.4g

Church Soup

Serves: 10 to 12
Cooking Time: 20 to 25 minutes

Ingredients

1 onion, chopped
½ stick butter
3 cup beans, navy
4 cup milk
bread, torn apart into crumbs
salt and pepper to taste

Directions

1. Add the chopped onion and butter to a large stock pot. 2. Stir in the beans and milk.
3. Bring everything to a boil and stir in the bread crumbs. 4. Season to taste with salt and pepper.

Nutritional Information

Calories 143, Fat 9.3g, Carbohydrates 12.5g, Protein 3.9g

Beef Cake

Serves: 10 to 12
Cooking Time: 45 minutes

Ingredients

2 tbsp vegetable oil
1 onion, chopped
1 tbsp garlic, minced
1 lb ground beef
1/2 tsp coriander
1/4 tsp ginger
2 tomatoes, chopped
1 tsp brown sugar
2 tbsp parsley, minced
1/2 tsp salt
1/8 tsp pepper
1 pepper, green, chopped

Directions

1. Preheat the oven to 375 °F.
2. In a skillet, heat the onion and garlic. Once sautéed, set aside and cook the ground beef.
3. Strain the grease from the beef. In a separate bowl, mix the remaining ingredients and add to the ground beef.
4. Stir well and move to a casserole dish and bake for 20 to 25 minutes.
5. Serve with pasta or rice.

Nutritional Information

Calories 175, Fat 10.1g, Carbohydrates 10.5g, Protein 9.5g

Amish Six Layer Dinner

Serves: 6 to 8
Cooking Time: 2 hours

Ingredients

2 cups ground beef
2 cups potatoes, sliced
2 cups celery, chopped
½ cups onions, diced
2 tsp salt and pepper
1 cup peppers, green, diced
2 cup tomatoes, canned
1 onion, chopped

Directions

1. Preheat the oven to 350 °F and prepare the baking dish. 2. Be sure to season with salt and pepper as you stack the layers. 3. Add potatoes to the bottom of the pan, then celery, ground beef, onions, peppers and top it off with the tomatoes. 4. Bake uncovered for 2 hours.

Nutritional Information

Calories 183, Fat 7g, Carbohydrates 23.2g, Protein 7.6g

Homemade Chicken Pot Pie

Serves: 6
Cooking Time: 45 minutes

Ingredients

1 ½ cups flour
1 egg
½ onion, chopped
¾ cup peas
¾ cup milk
1 tsp salt
3 cups broth, chicken
3 cups chicken, cooked, cubed
2 carrots, chopped
2 stalks celery, chopped
½ tsp parsley and pepper

Directions

1. Add the chicken cubes and vegetables to a large stock pot to make the soup base.
2. Pour in chicken broth to cover everything, stir in the parsley, salt and pepper to taste.
3. Simmer on low until the veggies are tender.
4. The noodles might be extra work, but they will taste better than any processed package of noodles that you can buy. 5. In a large mixing bowl, combine the egg, salt, milk and flour, stir everything together well.
6. Roll out the dough on a flour-covered work area and cut the dough in 1 ½" squares to make noodles.
7. Add the squared noodles to the soup mix and cook for about 10 minutes or until the noodles are cooked.

Nutritional Information

Calories 199, Fat 6.2g, Carbohydrates 19.1g, Protein 19.1g

Amish-Style Potato Salad Dressing

Serves: 6 to 8
Cooking Time: 30 to 45 minutes

Ingredients

1 egg, beaten or whisked
½ cup sugar
1 tbsp flour
½ cup water
½ cup vinegar
2 tbsp butter
½ tsp salt
¼ tsp pepper

Directions

1. Blend everything in the order it is listed in a large saucepan, stir after each ingredient is added.
2. Bring everything to a boil.
3. Remove from heat and let cool before adding the dressing to a salad.

Nutritional Information

Calories 235, Fat 2.9g, Carbohydrates 47g, Protein 6.9g

Bean Salad

Serves: 6 to 8
Cooking Time: 45 minutes

Ingredients

3 cups beans, navy, baked
1 onion, chopped
2 tbsp pickle relish
3 hard-boiled eggs
2 tbsp vinegar
2/3 cup salad dressing
1 1/2 tsp salt

Directions

1. Chop the first four ingredients and mix together with the salt and salad dressing.
2. Set the bowl in fridge to chill.
3. Stir in green string beans, optional.
4. Chill before serving.

Nutritional Information

Calories 126, Fat 2.4g, Carbohydrates 20.9g, Protein 6.2g

Dandelion Salad

Serves: 6 to 8
Cooking Time: 30 to 45 minutes

Ingredients

dandelion greens (young)
4 to 6 slices bacon
½ cup cream
2 tbsp butter
2 eggs
1 tsp salt
1 tbsp sugar

4 tbsp vinegar
½ tsp paprika
pepper to taste

Directions

1. Wash the dandelions and go through them carefully. Choose the ones in the best shape and pat dry.
2. Lay the dandelions in the salad bowl and set them somewhere fairly warm.
3. Cook the bacon, drain the grease and add to the salad bowl. 4. In the same skillet, add butter and cream. Melt the butter, add remaining ingredients and cook for 2 to 4 minutes, stir consistently.
5. The dressing should thicken as you cook.
6. Pour hot dressing over dandelions and bacon.
7. Serve warm.

Nutritional Information

Calories 436, Fat 35.6g, Carbohydrates 11.8g, Protein 18.6g

Amish-Style Coleslaw

Serves: 6 to 8
Cooking Time: 45 minutes

Ingredients

1 head cabbage
½ cup cream
1 tsp salt
½ sugar
½ cup vinegar

Directions

1. Combine the cream, sugar, vinegar, and salt, make sure everything is well blended.
2. Prepare the cabbage by throwing away the outer, crunchier cabbage leaves.
3. Shred the rest of the cabbage and stir into the dressing. 4. Stir in shredded green and red peppers to

taste.

Nutritional Information

Calories 89, Fat 8.3g, Carbohydrates 6.6g, Protein .9g

Hot Dutch Potato Salad

Serves: 6 to 8
Cooking Time: 25 to 30 minutes

Ingredients

1/2 lb bacon, cooked
1/2 cup onion, chopped
1/2 cup pepper, green, chopped
1/4 cup vinegar
1 tsp salt
3 hard-boiled eggs, diced
2/8 tsp salt and pepper to taste
1 tsp sugar
1 egg
1 lb potatoes, red, cooked, cubed
1/4 cup carrot, raw

Directions

1. Dice the bacon and add it to a large mixing bowl.
2. In a small skillet, add the chopped onions and peppers, sauté for 2 to 3 minutes.
3. Stir in the remaining ingredients (minus the hard-boiled eggs). 4. Stir and sauté for 1 to 2 minutes and pour into a bowl with the potatoes.
5. Stir in the diced hard-boiled eggs. Make sure everything is combined and well coated.
6. Serve hot.

Nutritional Information

Calories 235, Fat 2.9g, Carbohydrates 47g, Protein 6.9g

Hot Slaw

Serves: 6

Cooking Time: 30 minutes

Ingredients

1 head cabbage
½ tsp mustard
1 ½ tsp salt and pepper to taste
1 ½ tsp sugar
1 ½ tbsp flour
1 egg, whisked
1 cup milk
4 tbsp vinegar
1 ½ tbsp butter

Directions

1. Shred the cabbage and boil it in water for a few minutes, stir in the salt. Watch for the cabbage to be soft. When the cabbage is tender, it is ready.
2. In a mixing bowl, stir together all of the remaining ingredients.
3. Stir in the cabbage after it is cooked and tender.
4. Transfer to a serving dish after everything is well blended. 5. Serve warm.

Nutritional Information

Calories 62, Fat 3.6g, Carbohydrates 5.5g, Protein 2.3g

Amish Cucumber Salad

Serves: 4
Cooking Time: 30 to 45 minutes

Ingredients

2 cucumbers, sliced
1 onion, chopped
salt and pepper to taste
2 tbsp vinegar
sour cream

Directions

1. Add onions and cucumbers to a large bowl.
2. Season with salt.
3. Stir in remaining ingredients until everything is well blended. 4. Chill before serving.

Nutritional Information

Calories 34, Fat .1g, Carbohydrates 8.2g, Protein .6g

Broccoli Salad

Serves: 6
Cooking Time: 30 minutes

Ingredients

1 head broccoli
½ cup onion, chopped
1 lb bacon, cooked
1 cup mayo
½ cup sugar
2 ½ tbsp vinegar
½ cup raisins
½ cup pecans, crushed

Directions

1. Crumble the cooked bacon and add to a mixing bowl with the other ingredients.
2. Mix together until everything is well combined.
3. Let sit at room temperature for about an hour before serving. **Nutritional Information**

Calories 377, Fat 18g, Carbohydrates 20g, Protein 31g

Amish Dumplings

Serves: 4 to 6
Cooking Time: 30 to 45 minutes

Ingredients

1 cup milk
2 cups flour
2 eggs
1 tsp salt

Directions

1. In a large mixing bowl, combine the milk and flour, stir the whole time and add a little bit at a time.
2. Stir in the salt, add one egg at a time and stir constantly as you add each egg.
3. When you have a thick dough, boil salted water or broth and add small drops of dough at a time.
4. As the dumplings evolve, you can remove them from the pan. You can also add them all together and transfer them to a dish with meat.

Nutritional Information

Calories 180, Fat 1.1g, Carbohydrates 33.5g, Protein 11.7g

Corn Chowder

Serves: 6 to 8
Cooking Time: 30 to 45 minutes

Ingredients

1 package Bacon Bits (or ½ lb bacon, cooked, crumbled) 2 tbsp onion, minced
1 tbsp celery, minced
1 tbsp pepper, red, flakes, minced
2 cups corn
2 potatoes, diced
3 tomatoes, chopped
2 pints milk
salt and pepper to taste

Directions

1. Add the Bacon Bits, onion and celery to a skillet and sauté. 2. After it is done, stir in the corn and cook for about

2 to 3 minutes.
3. Stir in the remaining ingredients and let simmer for about 30 minutes.
4. Transfer everything to a saucepan (over the same burner) and stir in the milk. Let boil, then lower to a simmer.
5. Serve with salt and pepper to taste.

Nutritional Information

Calories 210, Fat 5.3g, Carbohydrates 33.3g, Protein 8.1g

Country Bean Soup

Serves: 6
Cooking Time: 2 ½ hours

Ingredients

1 lb beans, soup
1 ham bone
½ cup onion, chopped
1 cup celery, diced
1 can tomato sauce
½ cup potatoes, diced
2 tsp parsley
salt and pepper to taste

Directions

1. Soak the beans overnight in a large stock pot.
2. The next morning, drain and add fresh water to the beans. 3. Add the ham bone and cook for 2 hours.
4. After 2 hours of cooking, stir in the remaining ingredients and let simmer until the vegetables are soft and tender.
5. Trim the meat off the ham bone and discard the

bone. **Nutritional Information**

Calories 59, Fat 4g, Carbohydrates 49g, Protein 15g

Ham and Noodles Casserole

Serves: 6
Cooking Time: 45 minutes

Ingredients

½ lb noodles
1 ½ cup ham, cooked, diced
2 eggs, whisked
1 ½ cup milk

Directions

1. Cook the noodles in water with salt, drain and rinse the starch from the noodles.
2. Grease the baking dish, add noodles and ham, alternating layers.
3. In small mixing bowl, combine eggs and milk together and pour it over the ham and noodles.
4. Bake for 30 minutes at 350 °F.

Nutritional Information

Calories 346, Fat 4.6g, Carbohydrates 51.9g, Protein 20.9g

Amish Dutch Oven Beef with Onion

Serves: 6
Cooking Time: 30 minutes

Ingredients

1 ½ lbs beef, shredded
2 tbsp butter
1 tbsp vinegar
1 onion, chopped
2 tbsp flour
salt and pepper to taste
½ cup broth, beef

Directions

1. Mince the onion, add to a skillet with butter and sauté for a few minutes.
2. Stir in the remaining ingredients and cook for 2 to 5 minutes. 3. Serve hot with the onion sauce to garnish.

Nutritional Information

Calories 177, Fat 7.2g, Carbohydrates 20.8g, Protein 53.6g

Family Beef Dinner

Serves: 4 to 6
Cooking Time: 2 ½ hours

Ingredients

1 lb ground beef
3 cups potatoes, sliced
salt and pepper to taste
1 small head cabbage
1 cup milk

Directions

1. Shred the cabbage first and lay ½ of the cabbage in a casserole dish that has been sprayed with nonstick spray.
2. Season with salt and pepper to taste.
3. Add ½ layer potatoes, then remaining ½ of the cabbage, followed by the last ½ of potatoes.
4. Pour the milk over the top.
5. Bake for 2 hours at 350 °F.

Nutritional Information

Calories 178, Fat 6.9g, Carbohydrates 13.7g, Protein 14.2g

German Meatloaf

Serves: 6
Cooking Time: 45 minutes

Ingredients

2 ½ lbs ground beef
2 ½ cups bread crumbs
1 cup cheese, cubed or shredded
salt and pepper to taste
½ pepper, green, chopped

1 small onion, chopped
2 eggs
1 cup ketchup or tomato sauce

Directions

1. Add everything into a large mixing bowl and stir until well blended. Knead the beef with your hands, if necessary.
2. Transfer the meatloaf into 2 loaf pans and pour ketchup over the top of each loaf.
3. Bake at 350 °F for about 45 minutes or until the ground beef is cooked thoroughly.

Nutritional Information

Calories 234, Fat 6.4g, Carbohydrates 17.3g, Protein 27.1g